S U M M A R Y- Cough remedy

References from (1) Holy Quran, (2) Hadith

(3) [Medicine of Prophet (صلى الله عليه وسلم)] Ibn Qayyim Al-Jawziyyah

(4) Tibb-e-Nabwi- Jalal'u-Din Abd'ur-Rahman As-Suyuti

and (5) various Medical Books / Magazines / Journals etc.

Note: If you've cough for longer than 7 days, it's time to check in with your doctor.

Recommended Foods to Eat

1) Chew raw **Ginger** (ادرک)-Zanjabil (زنجبيل) pieces or slices.

2) Chew approximately 21-30 pieces of **Raisins** **(**کشمش**)** Zabib **(**زبيب**)**- **or Currants black** **(**الكشمش**)** **(**منقى**)**

3) Nose breathing -Stop breathing through your mouth and breathe only through your nose.

4) Water (Stay Hydrated)- Drinking fluids helps to thin out the mucus and also helps to keep mucous membranes and throat moist. The fluid will help flush out harmful bacteria or viruses.

5a) Honey (شہد) (عسل)- Honey is a well known cough suppressant. Swallow a teaspoon of plain honey on empty stomach. You can drink a teaspoon of honey alone or you can mix honey with warm water and drink it.

5b) Drink hot lemon juice with honey. You can mix a glass of hot water, a teaspoon of lemon juice and honey and drink it like tea. Breathing the steam helps to open up the nasal passages. Drink the mix three to four times a day to loosen the congestion. The acidity of the lemon juice breaks up the mucus. The hot liquid will loosen the mucus in your throat and the honey will coat your throat and suppress the cough.

(6) Fenugreek (میتھی) **Hulbah** (حلبة)**-**Boil half spoon of Fenugreek in 1 cup water, drink warm liquid and eat remaining fenugreek boiled seeds. It dissolves phlegm from chest, relieves coughing, dryness, asthma, hard breathing.

7) Chicken Soup Ginger, Garlic and pepper mixed

8) Gargle with Saline Water – (نمکین پانی کے ساتھ غرارہ) (الغرغرة بمحلول ملحي المياه) or Mouth wash (containing Iodine)

9) Black cumin. Take five or seven seeds and crush them (mix the powder with oil) and drop the resulting mixture into both nostrils

Things to Avoid (Temporarily until you stop coughing)

(**Avoid**1a) Avoid **cold water** (1b) soft drinks and carbonated beverages are like **poison** for phlegm.

(**Avoid**2) **Milk and Milk products** Yogurt, Cheese, the fat content of milk causes the mucus to become thicker.
(**Avoid** 3) **Oil fried** French fries, Broasted chicken, pappad

(**Avoid** 4a) **Spinach** is very irritant to throat and chest "Tibb-e-Nabwi" Jalal'u-Din A.R. As-Suyuti page 69 of 161
(**Avoid** 4b) Fish

(**Avoid** 5) Stop **Smoking** both first hand and second hand smoking (when some other person smokes in front of you in the same closed room.

(**Avoid** 6) Hot sun, dust, fumes, chemicals or perfumes or wear proper mask.

(**Avoid** 7) **Remember to 'spit, do'nt swallow'.** Cleaning nose with Tissue paper is ok but cleaning with water must be done ASAP, to both nose and throat gargle with water.

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